



## 32. Alteburglauf 2010

Arnstadt / 30.04.2010

### Detailed evaluation

Hein, Micha

Club: Katholische Laufjugend Arnstadt

Number: 18

Course: 10.00 km

Hauptlauf

Category:

Männer M40

Total time: 49:50

Speed: 12.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 60 (of 112)

Rank in course/Men: 55 (of 87)

Best time in course: 33:04

Rank in category: 8(of 14)

Best time in the category: 36:19